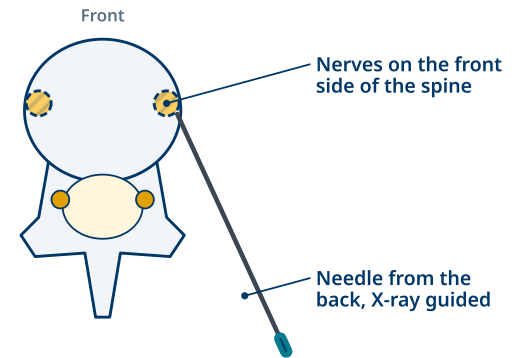


Lumbar Sympathetic Block

What it is

A lumbar sympathetic block puts numbing medicine near a group of nerves in the low back. These nerves can play a part in some kinds of leg pain. The block may ease that pain.



Why it is done

- Complex regional pain syndrome of the leg
- Certain nerve pain conditions of the lower limbs
- Some circulation-related pain

Self-care tips

- Rest the day of your injection. Most people return to light activity the next day.
- Ice on the site for 15 to 20 minutes may ease soreness.
- Keep a pain diary for 2 weeks to share with us.
- Keep taking your usual medicines unless we tell you otherwise.

What to expect

Before: We review your medicines, especially blood thinners, and any allergies. You may need someone to drive you home.

During: You lie on your stomach. The skin is cleaned and numbed. Using X-ray, the doctor guides a thin needle to the nerves and gives the medicine.

After: Your leg may feel warm for a few hours. This is common. You usually go home the same day.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- A bad headache that is worse when you sit or stand

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/sympathetic-nerve-block-injections/



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This handout is general information and is not a substitute for medical advice.